

Prices

Activity	Adult £	Concession £	Budget £
Swim	8.00	4.80	0.50
Swimming Lesson (each)	12.50	7.40	0.50
Fitness Room	9.10	5.40	0.50
Gym Induction	12.50	7.40	0.50
Centre Classes	8.00	4.80	0.50
Racquet Sports	7.30	4.30	0.50
Shower	3.70	2.20	0.50
Gameshall	57.10	34.25	N/A
Room Hire	20.10	12.10	N/A
Lane Hire 1hr	25.05 P/L	15.05	
Pool Party — 1hr pool 0.5hr room	109.95		
Pool Party—1hr Pool	100.20		

Membership Options

All Inclusive	Annual Payment £	Monthly Direct Debit £ *
Family	479.90	39.99
Individual	319.20	26.60
Budget	50p per activity (Proof must be shown)	

Personal Training

	1:1 60 minutes	1:1 30 minutes
All Inclusive	£32.60	£16.30
Non member / PAYG	£40.80	£20.50

Love 2 swim lessons

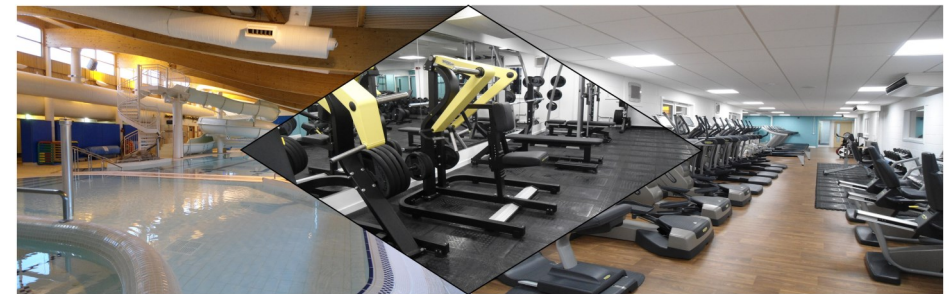
	1:1 30 minutes	1:2 30 minutes
All Inclusive	£23.50	£16.40p/p
Non member / PAYG	£30.60	£23.50p/p

'High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish Charity No. SC042593'.



Invergordon Leisure Centre Timetable

Monday 1st July — Sunday 18th August



Opening Hours

Monday – Wednesday- Friday

07:00 – 21:00

Tuesday & Thursday

09:00 – 21:00

Saturday & Sunday

9:00am - 13.30pm

Contact us: Invergordon Leisure Centre, Academy Road, Invergordon, IV18 0LB
Phone us: 01349 781561



Swimming Pool Programme

Day	Time	Activity	Day	Time	Activity
Mon	07:00 - 08.00	Length Swim	Thurs	09.15-10.00	*Aqua aerobics* (Excluding 11/7 & 18/7)
	08.05-12:55	*Open Swim*		10.00-11.00	*Open Swim* (Excluding 4/7)
	13.00-14.00	Length Swim		11.15-12.15	Feature Session
	15:30-16.30	Feature session		12.15-13.10	Open Swim
	16.30-18.00	Open Swim		13.15-14.10	Length Swim
	18:00-19:00	Feature Session		14.15- 15.00	Open Swim
	19:05-20:00	Length Swim		15.30-16.30	Feature session
				16.30-18.00	Open Swim
Tues	09.00-10.00	*Open Swim*		18.00-19.00	Feature Session
	10.00-11.00	*Aqua Aerobics* (Excluding 9/7 & 16/7)		19.05-20.00	Length Swim
	11.00-12.00	Open Swim			
	12.00-13.00	Family Friendly	Fri	07:00 - 07:55	Length Swim
	13:05—14.00	Length Swim		08.00-11:00	*Open Swim*
	14.05-16.00	Open Swim		11.15-12.15	Additional Needs
	16.00-17.00	Feature Session		12.15-13.00	Open Swim
	17.00-18.00	Open Swim		13.05-14.00	Length Swim
	18.00-19.00	Feature Session		14.05-15.30	Open Swim
	19.00-20.00	Length Swim		15.30-16.30	Feature Session
				16.30-20.00	Open swim/ party
Wed	07:00 - 08.00	Length Swim			
	08.05-09.00	Open Swim	Sat	09:00—10.00	Open swim
	09.00-10.00	*Over 50's*		10.00-11.00	Family Friendly
	10.00-11:15	*Open Swim*		11.00-12.00	Feature Session
	11.15-12.15	Feature session		12.00-13.00	Open swim
	12.15-13.00	Open Swim			
	CLOSURE	Staff training	Sun	09:00—10.00	Open Swim
	15.30-16.30	Feature Session		10.00-11.00	Family Friendly
	16.30-18.00	Open Swim		11.00-12.00	Feature Session
	18.00-19.00	Additional Needs		12.00-13.00	Open swim
	19.05-20.00	Length Swim			

Admissions Policy: Children aged 0-3 must be accompanied by an adult on a 1:1 basis. Children aged 4-7 must be accompanied an adult on a 1 adult: 2 children basis.

Family friendly sessions: The admission policy will be relaxed to allow children aged 0-7 to be accompanied by an adult on a 1 adult:2 children basis. The deep end will be roped off.

Intensive Lessons: The pool will be closed from 9.15-10.15am Monday—Friday week beginning the 1st July, 8.45-11.15am Monday –Friday week beginning the 8th of July and 9.15-11.15 am

Adult Fitness Classes (Spaces limited so should be booked in advance.)

Day	Class	Time	Duration	Area
Mon	Cardiac Rehab	15:00	1hr	STUDIO
	Zumba	18:15	45min	STUDIO
Tue	Aqua Aerobics (Excluding 9/7 & 16/7)	10.00	45 min	POOL
	Functional Training	10.00	1hr	S/C SUITE
	Otago	11:00	1hr	STUDIO
	Body Attack	18:00	45 mins	STUDIO
	Indoor Cycling	19:00	1 hr	STUDIO
Wed	Functional Training	9:30	1hr	S/C SUITE
	Body Balance	10:00	1hr	GAMESHALL
	Teen gym	11:15	1hr	GYM
	Indoor Cycling	17:45	30mins	STUDIO
	Body Pump	18:45	1hr	STUDIO
Thurs	Aqua Aerobics (Excluding 11/7 & 18/7)	09.15	45 min	POOL
	Pilates (Excluding 25th July)	10:00	1hr	STUDIO
	Dynamic Wellbeing (Excluding 11/7 & 18/7)	11:15	1hr	STUDIO
	Functional Training	17:30	1hr	S/C SUITE
	Body Attack	18:00	45 mins	STUDIO
Fri	Functional Training	09:30	1hr	S/C SUITE
	Teen Gym	11:15	1hr	GYM
	Zumba	17.00	1hr	GYM
	Body Pump	18:00	1hr	STUDIO
Sat	Fat Burn	9.00	30 mins	STUDIO